



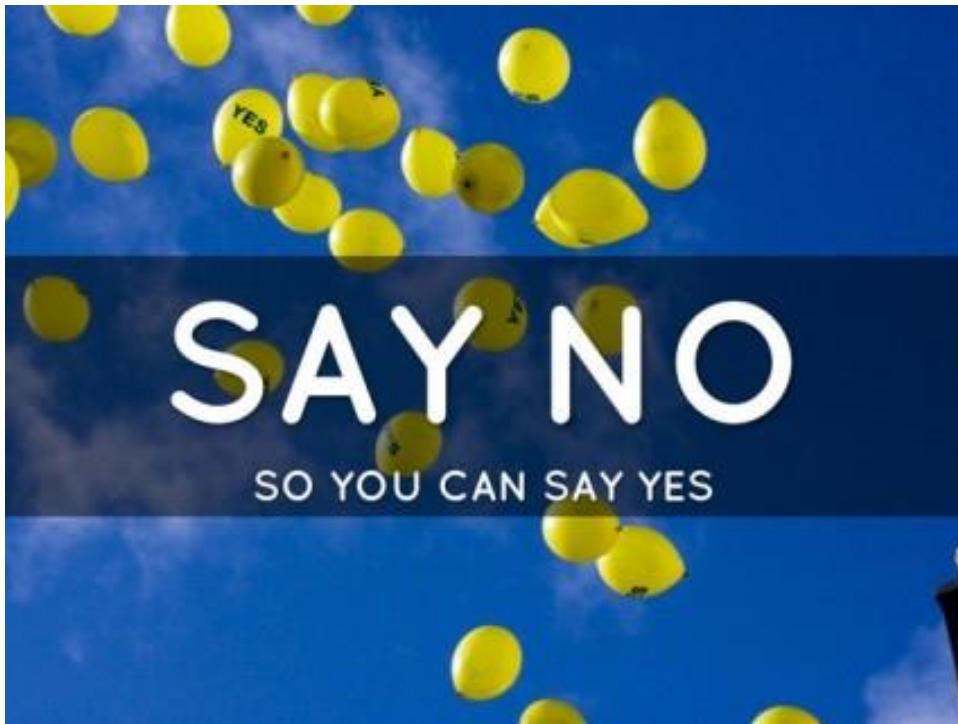
**HealthQuest**

## **Wellness Champion Network Monthly Webinar**

Thursday, September 8<sup>th</sup> - 11:00-11:45 am

### **Agenda**

- ✓ **Leadership Development**
  - ✓ *With Special Guest Jack Bastable*
- ✓ **"The Great Outdoors" October – begins Monday, October 3<sup>rd</sup>**
- ✓ **Open Enrollment Time is Near!**
- ✓ **September HQ Seminar**
- ✓ **September EAP Webinar**



## Leadership and Saying No

1. If you don't say "No", you don't leave room for the "Yes" that matter
2. "No's" help you manage energy
3. Less can be more
4. The idea of a positive No



## Resources

Stressed? Practice the Art of Saying No

<http://inpowercoaching.com/3-ways-powerful-leaders-can-practice-the-art-of-saying-no/>

Why Leaders Must Learn How to Say No

<https://www.trainingjournal.com/articles/feature/why-leaders-must-learn-say-no>

How to Get to Yes by Saying No

<https://www.entrepreneur.com/article/230913>

The Power of a Positive No

[http://www.oxfordleadership.com/media/240977/ol\\_the\\_power\\_of\\_a\\_positive\\_no.pdf](http://www.oxfordleadership.com/media/240977/ol_the_power_of_a_positive_no.pdf)



### 3 - Activities:

Exercise Outdoors

Exercise Using a Park (City, County, or State)

**Level 1:** Exercise for 30 Minutes or More

**Level 2:** Exercise for 60 Minutes or More

## **“The Great Outdoors” October Challenge**

***October 3<sup>rd</sup> – October 28th***

**MULTI-LEVEL CHALLENGE**



## It's Open Enrollment Time!

Meetings Kick off Monday September 19<sup>th</sup> across the state

Open Enrollment Books Will Be Online By October 1st  
Enrollment In MAP Open October 1-31  
Coverage Effective January 1, 2017

<http://www.kdheks.gov/hcf/sehp/PY2017-Info.htm>



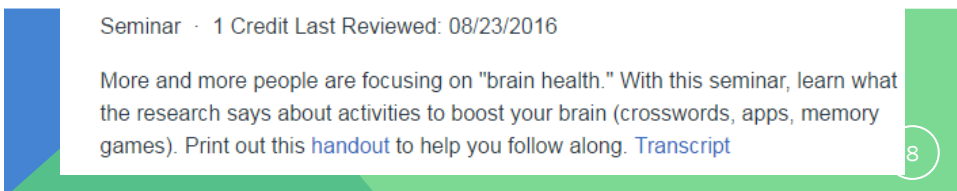
## September 2016 Seminar Available on the Portal 9/1/16

### Stay Sharp

Seminar · 1 Credit Last Reviewed: 08/23/2016

More and more people are focusing on "brain health." With this seminar, learn what the research says about activities to boost your brain (crosswords, apps, memory games). Print out this [handout](#) to help you follow along. [Transcript](#)



## September 2016 EAP Webinar

Thursday, September 22<sup>nd</sup>, 2016, 11:00 a.m.

### How to Receive Criticism and Make it Work for You

**Receiving criticism is an important and valuable skill.**

*This workshop will help you explore why we become defensive, deliver tips for knowing when your “hot button” has been pushed and how to accept and integrate useful criticism.*

[www.kdheks.gov/hcf/healthquest/eapwebinars.htm](http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm)

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## Thank You for Joining Our September Meeting!

Next Meeting is **Thursday, October 13<sup>th</sup>**

✓ 11:00-11:45 am

**Secret Question:**

**Open Questions/Comments**



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